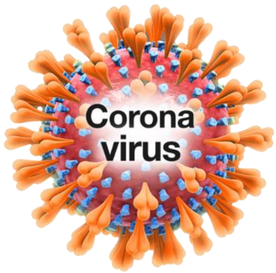
Ymddiriedolaeth GIG
Gwasanaethau Ambiwlans Cymru

Welsh Ambulance Services
NHS Trust

Personal Protective Equipment – PPE

Different things that ambulance staff might wear to help keep people safe from Coronavirus



Covid 19 is a new illness.
Lots of people call it **Coronavirus.**
It can affect your lungs and your breathing.

Coronavirus can make some people very unwell.
Some people who get coronavirus might need an ambulance
to come to help them.

Ambulance staff usually wear **green uniforms**.

To help keep people safe from coronavirus, the ambulance staff will wear **different things**,
on top of their green uniforms.

These things are called
personal protective equipment, or **PPE**.
This information is about the different PPE that ambulance staff wear.

Personal Protective Equipment – PPE

Different things that ambulance staff might wear to help keep people safe from Coronavirus

Ambulance staff usually wear **green uniforms.**

To keep people safe from Coronavirus, staff wear the **green uniform**. They also wear a **mask**, **gloves** and **apron.** They might wear a **visor** or **goggles.**

If someone is very unwell, staff wear **lots of PPE.** They wear a **mask, visor, gloves** and **overalls.** The overalls go over the green uniform.

PPE might make some people worried or anxious. This is ok.

PPE helps to keep everyone safe.

The people who wear the PPE are here to help you.

Sometimes, the PPE might look a bit different to the pictures. This is OK.

You could ask someone wearing PPE to talk about what their PPE is for and tell you what they are doing.

You could ask to look at their badge. It has a photo of their face with no PPE.

This will help you know what the person looks like.

If you need to go to hospital, people at hospital will also have PPE to keep everyone safe.

NHS 111 Wales

If you want more easy read information about Coronavirus, go to www.111.wales.nhs.uk/ and look for the Easy Read dragon.

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Welsh Ambulance Services NHS Trust

Cyfarpar Diogelu Personol - PPE

Y gwahanol bethau y gallai staff ambiwlans eu gwisgo i helpu i gadw pobl yn ddiogel rhag Coronafeirws

Mae **Covid 19** yn salwch newydd. Mae llawer o bobl yn ei alw'n **Coronafeirws.** Gall effeithio ar eich ysgyfaint a'ch anadlu.

Gall Coronafirws wneud rhai pobl yn sâl iawn. Efallai y bydd angen ambiwlans ar rai pobl sy'n cael Coronafeirws, i ddod i'w helpu.

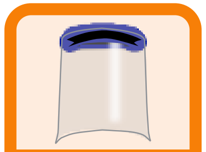
Mae staff ambiwlans fel arfer yn gwisgo gwisgoedd gwyrdd.

Er mwyn helpu i gadw pobl yn ddiogel rhag coronafeirws, bydd y staff ambiwlans yn gwisgo **gwahanol bethau**, ar ben eu gwisgoedd gwyrdd.

Gelwir y pethau hyn yn **cyfarpar diogelu personol**, neu **PPE.** Mae'r wybodaeth hon yn ymwneud â'r gwahanol PPE y mae staff ambiwlans yn eu gwisgo.

Cyfarpar Diogelu Personol – PPE

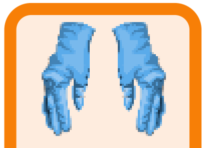
Y gwahanol bethau y gallai staff ambiwlans eu gwisgo i helpu i gadw pobl yn ddiogel rhag coronafeirws.



Fisor

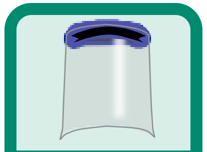
Gogls

Masg

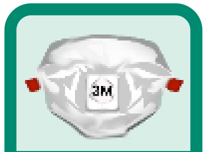


Menig

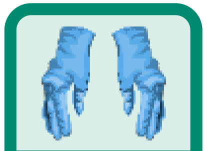
Ffedog



Fisor



Masg



Menig

Oferôls

Mae staff ambiwlans fel arfer yn gwisgo **gwisgoedd gwyrdd.**

I gadw pobl yn ddiogel rhag Coronafeirws mae staff yn gwisgo'r **gwisg werdd.** Mae nhw hefyd yn gwisgo **masg, menig** a **ffedog.** Efallai byddan nhw'n gwisgo gogls neu fisor.

Os yw rhywun yn **sâl iawn,** mae staff yn gwisgo llawer o PPE. Mae nhw'n gwisgo **fisor, masg, menig** ac **oferôls.** Mae'r oferôls yn mynd dros y wisg werdd.

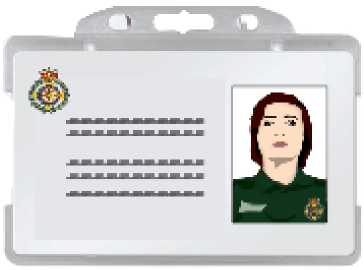
Gallai **PPE** wneud rhai pobl i boeni neu'n bryderus. Mae hyn yn iawn.

Mae PPE yn helpu i gadw pawb yn diogel.

Mae'r pobl sy'n gwisgo'r PPE yma i'ch helpu chi.

Weithiau, efallai y bydd y PPE yn edrych ychydig yn wahanol i'r lluniau. Mae hyn yn iawn.

Gallwch chi ofyn i rywun sy'n gwisgo PPE i siarad am yr hyn maen nhw'n ei wneud, a beth yw pwrpas eu PPE.

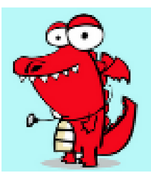


Gallwch ofyn i edrych ar eu bathodyn. Mae ganddo lun o'u hwyneb heb unrhyw PPE.

Bydd hyn yn eich helpu i wybod sut mae'r person yn edrych.

Os oes angen i chi fynd i'r ysbyty, bydd gan bobl yn yr ysbyty PPE hefyd i gadw pawb yn ddiogel.

GIG 111 Cymru



Os ydych chi eisiau fwy o wybodaeth hawdd ei ddarllen am Coronafeirws, ewch i,
https://111.wales.nhs.uk/
a chwiliwch am y ddraig hawdd ei arllen.